

Many people find use in healing their minds/bodies from goods that are sitting in their cabinets. Working at a natural wellness store, I can see how frequently our bodies lack what they need to stay balanced. **The body responds as life takes its spinning course, constantly needing support to stay afloat.** Our bodies like plants, need nourishment from the earth.

Echinacea is used to prevent sickness. It is often used before the winter season hits when the immune system tends to need a bit of a refresh.

Turmeric has anti-inflammatory benefits, so it will aid anyone with increasing joint or muscle pain.

Cayenne Pepper helps keep blood vessels wide so that blood can flow in and out of your heart with ease and blood pressure can stay in a healthy range. Try Mexican hot chocolate. Simply make your hot chocolate, grab a teaspoon of cayenne and mix that into your warm drink.

St. John's Wort is a plant with yellow flowers used in Ancient Greek. The name refers to John the Baptist as they bloom around the time of the feast of St. John the Baptist in late June. This herb has been used for insomnia, depression, and ADHD. It has been studied that this plant is as effective as your standard antidepressant.

Dandelion Root Tea is a great substitute for people who want to cut caffeine. It helps with digestion and the liver. This plant battles the bloat!



- eucalyptus oil behind your ears for headaches
- lavender tea at night for a good sleep
- add a dash of cinnamon to your coffee and stir clockwise for protection and good intention